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The Hampton Bulletin

February

Vol. 14, No. 1

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# PRACTICAL PATRIOTIC RECIPES

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THE HAMPTON NORMAL AND  
AGRICULTURAL INSTITUTE



1918

Issued in February, March, April, May, October, and December by  
The Hampton Normal and Agricultural Institute

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Entered as second-class matter May 23, 1917 at the Post Office at  
Hampton, Virginia, under the act of August 24, 1912

Gift  
Institution  
APR 12 1916



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# PRACTICAL PATRIOTIC RECIPES

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In the present World Crisis every man, woman, and child wants to do everything possible to help win the War. Sometimes what one person can do seems too small to attempt, but when we realize that there are about twenty million families in the United States, and that if each one saved only a very little meat or wheat or fat or sugar each day, the amount saved would be enormous, then we are ready to do what we can.

In many cases the ways in which we save will be those which our grandmothers practised—drying fruits and vegetables, saving the stale bread to use in made dishes, sweetening our food with honey or syrup instead of sugar, gathering all the wild fruits and nuts, and boiling for “salad” some of the things we have been accustomed to think of as weeds, such as purslane, sorrel, pig weed, etc.

In some localities one food is abundant, in others another kind is more available. Use the food you find most plentiful and plan to raise a few new crops another year, or to raise more of the things you know will do well on your land.

In this leaflet recipes are given for several kinds of bread, both yeast and quick breads. These will save wheat. We must also save wheat by eating *less* bread and more vegetables and fruit. In place of meat, use more cheese, milk, nuts, peas, beans, fish, rabbits, and other game.

The young children, from one to *twelve* years, must have milk and butter to insure proper materials for growth. A quart of milk a day for each child is a good standard. For older people butter for table use, and substitutes for butter for cooking, are more patriotic now.

When trying new dishes, please remember that each dish

should be judged on its own merits rather than by comparison with other foods. For instance, bread made with oatmeal will not taste nor look like wheat bread, but it is good in itself, in the same way that corn bread has its own particular flavor and texture.

Note: All measurements are level.

#### ABBREVIATIONS

c.	equals	cupful	qt.	equals	quart
tb.	"	tablespoonful	pt.	"	pint
t.	"	teaspoonful	lb.	"	pound

#### WHOLE-WHEAT BREAD

- 2 c. scalded milk
- $\frac{1}{4}$  c. sugar *or*  $\frac{1}{3}$  c. molasses
- 1  $\frac{1}{2}$  t. salt
- $\frac{1}{2}$  yeast cake, softened in  $\frac{1}{4}$  c. water
- 3  $\frac{1}{4}$  c. whole wheat flour
- White flour enough to knead

Note: In all recipes for yeast bread, 1 cupful liquid yeast or "leaven" may be used in place of 1 yeast cake. Use less liquid in the bread.

#### GRAHAM BREAD

Make like whole-wheat bread; water and a little shortening, about 2 tablespoonfuls, may be used in place of milk.

#### RYE BREAD

Make like whole-wheat bread, using one-half rye flour and one-half wheat flour.

#### OATMEAL BREAD

- |                           |                                      |
|---------------------------|--------------------------------------|
| 1 c. rolled oats          | 1 $\frac{1}{2}$ tb. shortening       |
| 2 c. boiling water        | $\frac{1}{2}$ yeast cake softened in |
| $\frac{1}{2}$ c. molasses | $\frac{1}{4}$ c. water               |
| 1 t. salt                 | flour to knead                       |

Pour boiling water over rolled oats and shortening; allow to cool. Add other materials and mix according to usual method. Bake longer than wheat bread.

## RICE YEAST BREAD

From "Ten Lessons on Food Conservation"

$\frac{1}{2}$ c. milk and water, or water	$1\frac{1}{2}$ t. salt
2 tb. sugar or syrup	7 c. boiled rice
4 tb. shortening	8 c. flour
$\frac{1}{2}$ yeast cake softened in $\frac{1}{4}$ c. lukewarm water	

Mix in ordinary manner. The dough will be very stiff at first, but much thinner after first rising. Probably you will have better results if you make a sponge with the rice, liquid, and a part of the flour, first, and, when risen, add the remaining ingredients.

## VICTORY PENNY BUNS

Good for school lunches, or for sales or entertainments. They can be sold for a penny each.

This recipe makes about 72 buns, weighing 1 and  $\frac{1}{2}$  ounces each.

1 qt. water	1 c. rice flour <i>or</i> corn
2 tb. salt	flour <i>or</i> barley flour
2 lb. ( about 8 c. ) wheat flour	1 lb. raisins
3 c. rye flour	1 tb. vegetable oil
5 yeast cakes	1 or 2 t. cinnamon

Make a sponge with 1 pt. of the water,  $1\frac{1}{4}$  lb. of the wheat flour and the yeast. When risen, add the remaining ingredients, let rise, shape, let rise again, and bake.

## HAMPTON CORN BREAD

2 c. bread flour	1 yeast cake
4 c. white meal	2 t. salt
$3\frac{1}{4}$ c. warm water	2 tb. melted shortening
1 tb. corn sugar or syrup	

Make a sponge of the flour and 1 c. of the water, add yeast cake dissolved in  $\frac{1}{4}$  c. water. Let stand until light, which should be within an hour.

Add the remaining ingredients. Mix thoroughly. The mixture should be a little too soft to shape into loaves. Spread in shallow baking pan to a depth of one inch. Let rise an hour and bake thirty minutes in hot oven. Notice that the bread is put into the baking pans as soon as meal is added to the sponge, without waiting for it to become light.

## SWEET-POTATO BREAD

From "Baker's Review"

1 lb. sweet potatoes	2 lbs. wheat flour
$\frac{1}{4}$ lb. peanut butter	1 qt. water or milk
$1\frac{1}{2}$ lbs. rye flour	1 tb. salt
1 yeast cake	

Boil the sweet potatoes and rub them through a sieve ; add the water or milk, the peanut butter and salt, and, when lukewarm, the yeast and flour.

## POTATO YEAST BREAD

From "Ten Lessons on Food Conservation"

$\frac{1}{2}$ c. milk and water, or water	
2 tb. sugar or syrup	
4 tb. shortening	$1\frac{1}{2}$ t. salt
4 c. boiled, mashed potatoes	8 c. flour
$\frac{1}{2}$ yeast cake softened in $\frac{1}{4}$ c. lukewarm water	

Make like Rice Bread.

## CORN-MEAL AND WHEAT BREAD

$1\frac{1}{2}$ c. milk, water, or mixture of the two	
$\frac{1}{2}$ cake compressed yeast <i>or</i> use $\frac{1}{2}$ c. <i>less</i> of the liquid and $\frac{1}{2}$ c. liquid yeast	
$\frac{1}{2}$ t. salt	1 tb. sugar or syrup
1 tb. shortening, if desired	
1 c. meal	2 c. wheat flour

Pour  $1\frac{1}{4}$  c. of the water over the meal, salt, sugar, and shortening, if used; heat the mixture gradually to the boiling point or nearly to it; cook twenty minutes. This can be done best in a double boiler; the water is sufficient only to soften the meal a little. Allow the meal to cool to about room temperature, add the flour, and the yeast mixed with the rest of the water, *or* the  $\frac{1}{2}$  c. of liquid yeast. Knead thoroughly, let rise until double its bulk, make into a loaf, let rise in pan, bake 45 to 50 minutes.

Note: When corn is added, less time is needed for the rising.

## THIRD BREAD

1 c. white flour                      1 c. milk, scalded and cooled  
 1 c. rye flour or rye meal    1 t. salt  
 1 c. corn meal                      1 tb. sugar or syrup  
 $\frac{1}{2}$  c. yeast, or  $\frac{1}{2}$  yeast cake in  $\frac{1}{4}$  c. lukewarm water.

The dough should be stiff enough to be shaped. Add more flour or more liquid if needed. Let it rise, shape, let rise and bake.

Note: Any bread containing a substitute for wheat should always be worked in one direction to make a finer grain.

## BREAD-CRUMB BREAD

1 qt. lukewarm water            4 c. fine bread crumbs (not dry)  
 4 t. salt                              1 or 2 yeast cakes  
 2 tb. molasses                    8 c. flour

Soften the yeast in  $\frac{1}{4}$  c. of water. Soak the bread crumbs in the rest of the water. When crumbs are soft, mash thoroughly, add salt, molasses, yeast, and flour enough to make a stiff dough. Proceed like ordinary bread.

## BEAN BREAD

1 qt. water  
 1 c. beans  
 5 t. salt  
 2 tb. molasses  
 1 or 2 yeast cakes, softened in  $\frac{1}{2}$  c. lukewarm water  
 8 c. flour

Soak the beans over night. Drain off this water and cook the beans in the 1 qt. of water until soft. Put through a potato ricer, or a sieve, cool, and when lukewarm add other ingredients and make and bake like ordinary bread.

## OATMEAL MUFFINS

From "Ten Lessons on Food Conservation"

$\frac{1}{2}$  c. milk                              1  $\frac{1}{2}$  c. flour  
 1 c. cooked oatmeal or rolled oats    2 tb. sugar or syrup  
 1 egg                                   $\frac{1}{2}$  t. salt  
 2 tb. shortening, melted            4 t. baking powder

Cook oatmeal, using one part oatmeal to two parts water. A larger proportion of water makes gummy muffins. Mix milk, oatmeal, egg, and melted shortening. Add dry ingredients after sifting them together. Bake 25 to 30 minutes. This makes 10 to 12 muffins.

## GRAHAM MUFFINS

2 c. Graham flour	$\frac{1}{2}$ t. salt
3 tb. sugar or syrup	1 t. soda
	$1\frac{1}{2}$ c. sour milk

Makes about 12 muffins

## BUCKWHEAT MUFFINS

$\frac{1}{4}$ c. sugar or syrup	1 c. buckwheat flour
1 egg	$\frac{1}{2}$ c. bread flour
3 tb. butter	$1\frac{1}{2}$ t. baking powder
1 c. milk	$\frac{1}{2}$ t. salt

## STEAMED BOSTON BROWN BREAD

From Greer's "Textbook of Cooking"

1 c. rye meal or rye flour	1 t. baking soda
1 c. corn meal	3 t. baking powder
1 c. Graham flour	$\frac{1}{2}$ c. molasses
$\frac{3}{4}$ t. salt	2 c. sour milk

Mix thoroughly, turn at once into a greased mold, add a greased cover or tie a greased paper over the top. Steam at least 4 hours, if all in one loaf. Remove from mold and dry in the oven a few minutes.

## BREAD BATTER CAKES

From Greer's "Textbook of Cooking"

$1\frac{1}{2}$ c. stale bread crumbs	2 eggs
$1\frac{1}{2}$ c. hot milk	$\frac{1}{2}$ c. flour
3 tb. shortening	$\frac{1}{2}$ t. salt
3 t. baking powder	

## GRAHAM NUT BREAD

1 t. baking soda	2 c. Graham flour
$\frac{1}{3}$ c. sugar	$\frac{1}{2}$ c. molasses
1 t. salt	2 c. sour milk
1 c. white flour	1 c. walnut meats

Bake in a moderate oven about 1 hour.

## CORN-AND RICE MUFFINS

$\frac{2}{3}$  c. hot milk  
 1 c. cooked rice  
 ( Work with a fork to separate the grains )  
 Add  $\frac{1}{2}$  c. corn meal  
 2 tb. shortening  
 $\frac{1}{2}$  t. salt  
 1 tb. brown sugar or molasses  
 Let cool, then add  $\frac{1}{2}$  c. flour and 3 t. baking powder.

## CORNMEAL AND RAISIN MUFFINS

1 c. cornmeal  
 1 tb. sugar or syrup  
 1 t. salt  
 2 tb. butter  
 $1\frac{1}{2}$  c. hot milk  
 $\frac{1}{2}$  c. seeded raisins  
 1 c. flour  
 4 t. baking powder  
 1 egg, well beaten  
 Pour the hot milk on the meal, sugar, salt, and butter ;  
 cool, add raisins, flour, baking powder, and egg.

## POTATO BISCUIT

2 c. hot mashed potatoes  
 2 t. salt  
 2 tb. butter, or other shortening  
 1 t. soda  
 2 c. sour milk  
 3 c. rye flour  
 2 c. white flour, or enough to make a soft dough  
 Cut out ; let stand 1 hour ; bake about 15 minutes.

## FARINA SPOON BREAD

2 c. cooked farina ( or any fine cereal )  
 2 eggs, beaten separately  
 1 c. milk  
 1 c. white corn meal  
 2 t. baking powder  
 $\frac{1}{2}$  t. salt

## CORN-FLOUR MUFFINS

$1\frac{1}{2}$  c. corn flour *or*  
 1 c. corn flour *and*  
 $\frac{1}{2}$  c. wheat flour  
 1 t. salt  
 1 egg  
 2 t. baking powder  
 1 tb. melted butter  
 $\frac{3}{4}$  to 1 c. milk

## BRAN BREAD

1 $\frac{3}{4}$ c. flour	3 $\frac{1}{4}$ c. bran
1 $\frac{1}{2}$ t. baking powder	$\frac{1}{2}$ c. molasses
$\frac{1}{2}$ t. baking soda	1 $\frac{1}{2}$ c. milk
$\frac{3}{4}$ t. salt	3 eggs

## BRAN BREAD WITH SOUR MILK

3 c. bran	2 t. soda
3 c. white flour	1 $\frac{1}{2}$ t. salt
$\frac{3}{8}$ c. molasses	$\frac{1}{4}$ c. sugar
3 c. sour milk	

## FRUIT BRAN MUFFINS

From Miss Farmer

1 egg	$\frac{1}{2}$ c. Graham or entire wheat flour
2 tb. molasses	$\frac{1}{2}$ t. salt
1 c. milk	2 t. baking powder
1 c. bran	$\frac{1}{4}$ c. raisins
	$\frac{1}{4}$ c. nut meats, if desired

## PEANUT BISCUIT

1 c. corn meal	2 t. salt
1 c. parched peanuts, crushed	4 t. baking powder
2 c. flour	3 tb. shortening
About 1 $\frac{1}{2}$ c. liquid (milk, water, or rice water)	

## GINGERBREAD

$\frac{3}{4}$ c. molasses	1 $\frac{1}{2}$ t. soda
$\frac{1}{2}$ c. sugar	2 t. ginger
$\frac{1}{3}$ c. melted shortening	1 t. salt
1 c. hot water	2 $\frac{1}{2}$ c. flour
1 c. white corn meal	

This recipe makes a good spice cake if the ginger is omitted and in place of it ground spices are added. For many tastes 1 t. cinnamon,  $\frac{1}{2}$  t. nutmeg, and  $\frac{1}{4}$  t. cloves would be a good combination.

## SCORE CARD FOR BREAD

Outside : Color		
Shade . . . . .	4	
Evenness . . . . .	3	
Surface . . . . .	6	
Shape . . . . .	7	
Inside : Thoroughness of baking	20	
Appearance of crumb		
Quality . . . . .	8	
Fineness . . . . .	4	
Evenness . . . . .	3	
Color . . . . .	5	
Taste		
Sweetness . . . . .	25	
Flavor . . . . .	15	
		<hr/>
		100

Shade—A beautiful golden brown

Evenness—Entire surface same shade

Surface—Smooth, free from wrinkles ; sides of loaves not broken just above top of pan, showing that crust was formed too soon

Shape—Regular, and in such proportions that center will be thoroughly baked

Thoroughness of baking—It should spring back to original shape after compression

Quality—Velvety, waxy feeling ; not horny

Fineness—Holes about size of head of common pin

Evenness—All holes about same size from crust to crust and side to side

Color—Creamy white

Sweetness—Refers to natural sweetness of sound wheat berries as opposed to acid or other bad taste generated by bad yeast or over-fermentation

Flavor—Refers to amount of sweetness or salt or something added to loaf to produce pleasurable sensation

## MEAT SAVERS

## PEANUT SOUP

- 1 pt. shelled peanuts, chopped fine
- 1 pt. water                      1 qt. milk
- 1 small onion, grated
- 3 tb. butter or butter substitute
- 1 tb. corn starch
- salt and pepper as needed

Boil the peanuts in the water twenty minutes, or for five minutes if roasted nuts are used. Add milk, thickening, and seasoning.

## PEANUT-TOMATO SOUP

- 2 c. water (if possible use water in which hominy  
or rice was cooked )
- 2 c. strained tomatoes      4 tb. peanut butter
- 1 or 2 tb. corn starch
- (according to the consistency desired)
- 1 t. salt                               $\frac{1}{4}$  t. pepper

## PEANUT PUDDING

- 2 c. *stale* bread crumbs *or* 1 c. of dried crumbs
- 1 qt. scalded milk               $\frac{1}{3}$  c. sugar
- 1 egg                               $\frac{1}{2}$  c. peanut butter      1 t. salt

Soften the peanut butter with a little of the hot milk. Soak the bread crumbs in the remainder of the milk. Add the egg, beaten, with the sugar and salt, then the peanut butter. Mix thoroughly and bake about one-half hour in a moderate oven.

## PEANUT-BUTTER CHOPS

- $\frac{1}{2}$  c. peanut butter                       $\frac{1}{2}$  t. celery salt
- 1 c. hot cooked rice or hominy      3 tb. tomato catsup
- $\frac{1}{2}$  c. soft bread crumbs              1 egg
- $\frac{1}{2}$  t. salt                                  a little onion juice

Mix and shape in the form of chops; put on a greased pan. Bake about 15 or 20 minutes, or put the mixture in a deep pan and bake in a loaf.

## PEANUT LOAF

1 c. peanuts, chopped  
 1 c. dry bread crumbs  
 2 tb. butter or butter substitute  
 $\frac{1}{2}$  t. salt, a very little red pepper  
 1 egg      milk to make moist

Mix, pack in a baking dish, and bake.

## BAKED RICE AND NUTS

$\frac{1}{2}$  c. rice, washed      1  $\frac{1}{2}$  c. water  
 $\frac{1}{2}$  c. milk       $\frac{1}{4}$  t. salt  
 $\frac{1}{2}$  c. broken nut meats, (any kind)

Mix in a baking dish and bake until rice is soft.

## HAMPTON BAKED BEANS

1 qt. navy beans       $\frac{1}{4}$  lb. pork  
                                  salt to taste

Pick over beans, wash carefully, and put to soak in cold water over night or several hours. Drain. Put beans and pork over fire with plenty of water to cover. Cook slowly until soft, no definite time can be given as the beans differ in time required. It may be from one to four hours. When the beans are soft put in a deep baking pan and bake slowly at least four hours. Stir occasionally and add more water as needed. About an hour before serving add  $\frac{1}{4}$  cup cottolene, or other fat, and return to oven to brown.

If sweetened beans are preferred add  $\frac{1}{2}$  c. syrup when beans are first put in oven.

## BLACK-EYED PEAS AND CHEESE

1 tb. shortening  
 1 tb. finely chopped onion  
 1 tb. finely chopped peppers  
 2 c. cooked peas, put through sieve  
 $\frac{1}{2}$  c. pressed down, grated cheese

Salt, pepper, and a little lemon juice or vinegar, if desired.

If too stiff, moisten with milk. This may be used as a sandwich filling or the lemon juice or vinegar may be omitted and the mixture baked in a loaf.

## BAKED OATMEAL AND NUTS

From United States Food Leaflet, No. 6

2 c. cooked oatmeal	1 t. vinegar
1 c. crushed nuts	$\frac{1}{2}$ t. pepper
1 $\frac{1}{2}$ c. milk	1 $\frac{1}{2}$ t. salt

Mix together and bake in a greased pan 15 minutes.

## TAMALE PIE

From United States Food Leaflet, No. 2

2 c. corn meal	1 tb. fat
6 c. water	1 onion
1 $\frac{1}{2}$ t. salt	2 c. tomatoes
1 lb. beef, chopped or ground fine	

Make a mush of the meal, salt, and water. Cook 45 minutes. Brown onion in fat, add meat, and stir until red color disappears. Add salt, pepper, and tomato. A sweet pepper is an addition. Grease baking dish, put in a layer of mush, add seasoned meat, and cover it with mush. Bake  $\frac{1}{2}$  hour. If any is left over, it may be packed in a deep pan and when cold sliced and fried.

## DRIED PEAS WITH RICE AND TOMATOES

From United States Food Leaflet, No. 3

1 $\frac{1}{2}$ c. cooked rice	1 tb. salt
2 c. dried peas	$\frac{1}{2}$ t. pepper
6 onions	2 c. tomatoes, fresh or canned

Soak peas over night in two quarts of water. Cook until tender in water in which they were soaked. Add rice, onions, tomatoes, and seasoning, and cook about 20 minutes.

## SAVORY HOMINY

To 1 qt. cooked hominy (coarse) add 1 c. meat scraps finely ground. Moisten with gravy, stock, or tomato juice. Spread in a baking pan. Sprinkle with buttered crumbs and brown in oven.

## HOMINY WITH CHEESE

1 qt. cooked pearl hominy	2 tb. butter
1 pt. milk	$\frac{1}{2}$ c. cheese
3 tb. flour	1 t. salt

Make a sauce of the milk, flour, and butter. When it thickens add cheese cut fine. Remove from the fire and stir

carefully while the cheese melts. Too much heat will make it curdle. Mix with the hominy, that has been heated before mixing and serve at once, or if desired sprinkle with buttered crumbs and bake just enough to brown crumbs.

#### BAKED HOMINY GRITS

1 c. hominy	1½ t. salt
1 qt. milk	2 eggs

Heat milk in double-boiler. When hot add hominy that has been washed and soaked in cold water. Stir for a few minutes, then let cook for two hours. Take from the fire and when lukewarm add eggs well beaten and salt, mix and beat all together. Turn into buttered baking dish and bake thirty minutes. Serve hot.

#### BAKED PEARL HOMINY

Take any amount of cooked hominy required for a meal and spread in a buttered baking dish to a depth of about one inch. Sprinkle with a layer of buttered crumbs, then another layer of hominy with crumbs over top of dish. Add milk to nearly cover the hominy. Bake half an hour.

#### GNOCCHI

1 pt. milk	½ lb. cheese
¼ c. flour	¾ pt. one-inch blocks
of left-over cereal, such as fine hominy, cream of wheat, or farina.	

Put the blocks of cereal in a baking dish, add the sauce to which the grated cheese has been added, and bake.

#### CHEESE CUSTARD

¼ lb. cheese, grated	1 egg
2 c. milk	1 tb. fat
½ t. salt	½ t. mustard

Cubes of stale bread to partly fill baking dish  
Bake in a moderate oven until it gives custard test.

#### CHEESE PUDDING

Use same ingredients as in Cheese Custard but break the bread in pieces, have about 1 c., and soak in the milk. Add cheese, egg, etc., and bake.



## CORN CHOWDER

1 qt. fresh corn pulp, or canned corn or  
 1½ c. dried corn, soaked 2 to 4 hours in  
 3 c. cold water, and cooked about 1 hour  
 1 qt. sliced potatoes, parboiled  
 ¼ lb. fat salt pork or drippings  
 ½ t. salt  
 1 pt. milk  
 1 pt. water  
 1 onion, sliced  
 6 or more crackers  
 pepper, as needed

Cut the pork in half-inch cubes and fry out the fat. Add onion to fat and cook until tender. Add 1 pt. water to onion and fat, and simmer. When potatoes are parboiled, drain, and pour over them the strained water from the onion. Add corn and simmer until vegetables are tender. Add milk and seasonings. Add crackers just as the chowder is put in the serving dish.

## HOPPIN' JOHN

1 c. cowpeas                      ¼ lb. bacon  
 1 c. rice                         1 large onion  
 salt and pepper, as needed

Cook the peas and rice separately. Cook the onion in the bacon fat. Add rice and peas and cook until dry. Add seasoning.

## TOMATO CHOWDER

1 can tomatoes  
 1 c. corn  
 1 c. cooked Lima beans  
 1 c. diced white potatoes  
 ¼ lb. fat salt pork or drippings  
 2 small onions  
 enough stock or water to make about 3 qts.  
 salt and pepper as needed  
 about ½ c. flour for thickening

Make like corn chowder. Serve with crackers, or toast.

This is substantial enough for a dinner, if sliced hard-cooked eggs are added just before serving, allowing one egg to a person.